

September 18 - October 1, 2015

Volume 84 Issue 1

APACHEPOWWOW

THE OFFICIAL STUDENT NEWSPAPER OF TYLER JUNIOR COLLEGE SINCE 1927

1 in 5 women will be sexually assaulted



Which one will it be?

APW

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NEWSPAPER OF TYLER
JUNIOR COLLEGE

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The Apache Pow Wow is a member of the Associated Collegiate Press and the College Media Association, 2015

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The Apache Pow Wow invites its readers to share views by writing letters to the editor. All contributions will be edited for grammar, spelling, length (300 words maximum), profanity and personal attacks. All letters must include

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September 18 - October 1, 2015

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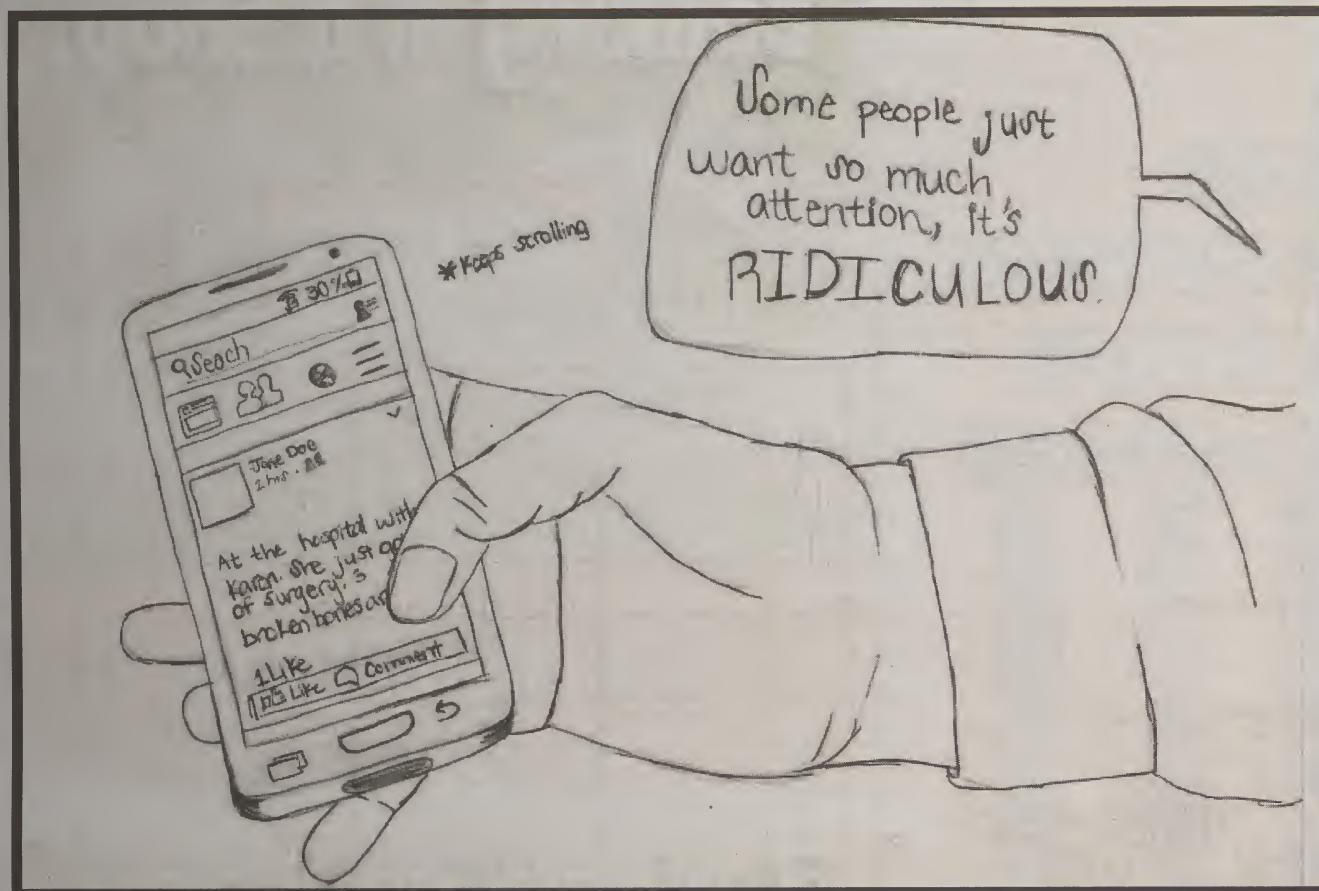
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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit

www.sudoku.org.uk

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Care about something more, like people

Column

In 1995 Hillary Clinton stood a front of the United Nations Fourth World Conference on Women and described women across the world, women she had never met, suffering



Haley Huston
Editor-in-Chief

because of their gender. She spoke with a power and a passion that made people stop and listen and because of this progress was made. Now, nearly 20 years later Clinton is running for president and what is she still speaking on? Women's rights.

In 1963, Martin Luther King Jr. stood in front of thousands of people and de-

livered the famous "I have a Dream" speech. He took the nation be storm and cared so deeply about what he was talking about he eventually lost his to it. He spoke words

that are taught in every classroom across the nation half a century later and they still hold some power.

What made the speeches have such an impact? Passion. Clinton and King both cared so deeply about something they dedicated a large portion of their lives' making other people care too. They found some-

thing that was important, something that needed to be addressed by everyone and they took the time to make everyone realize that. These two examples also something else in common, the cared about people.

People just don't care anymore. I was guilty of it too. This generation is probably one of the most selfish and motivated generations, maybe ever. To be fair, it is the only generation I really know so I might not have the best perspective, but listening to years of history and movements in which people came together for a common goal and broke down walls. There is nothing uniting my generation. We rant, bully and have "movements" on social media, and we do this independently. There is no unity.

Social media was the Trojan horse of

Sexual assault leads to more awareness for news staff

Editorial

We dedicated this issue of the newspaper specifically for sexual assault victims. When we first heard about the girl who was sexually assaulted in the Crossroads dorm, we felt sympathetic. But when we started investigating more into the story and stories like it, we felt devastated. This is a real issue that needs more attention than we tend to give it.

So when we wrote on this topic, we knew we were writing it for the girl from Crossroads and anyone else who has ever had this done to them. We personally wanted to say that all of us who worked on the sexual assault case from the newspaper took it very seriously. We hope that by the information we were able to find, it will be important to anyone who reads it.

Some of what we learned throughout this process was that even though sexual assault is such a horribly disgusting action towards any human being, there's always hope in the end. In reality there may not always be an immediate person who will take the time to understand. But there are people willing to help and friends willing to listen. There's recovery and chances to move forward. And most importantly, there are other people who need to know they're not alone too.

The side effects, legal process, and pressures from the outside are overwhelming. We understand that anyone going through this may not come out the same. If you can't go back to the person you were, then become a person driven by their experience and become stronger.

Our stereotypical goal as a newspaper is to inform our audience, but that's not all. For us, we also want to inspire and give people enough motivation to become passionate about something. Sexual assault should be a passionate topic, as well as others.

We have no personal experience that gives us the right to say any of these things, it's only under editorial positions given to us that we can. But from the information read, we understand it's hard. Any victim knows it a thousand times more so than we do. But don't give in. Choose to reclaim this moment in your life, and live.

life. Everyone believed that it would bring us closer together and make the world a smaller place, but it didn't. Instead it gave us all separate worlds and created a galaxy of space between us. Everyone downloaded, created accounts and signed-in across the world. It started with the younger generation and spread like a disease to their parents, cousins and, in some cases, grandparents. With tweets, statuses and a continuous stream of photos, everyone became the star of their own little planet and, when that happened, everyone separated.

As I said before, I was guilty of this myself, until I found the fire -- the passion. College is many things for many people and a lot of people talk about "finding themselves" in college. Movies, songs and books all paint this romantic version of someone going away to college and it's like the cocoon period of life. In goes the caterpillar and out comes the butterfly. College was never something I wasn't going to do. It wasn't optional. There was no big decision, and I chose to play it safe because I wasn't sure what I wanted to do for the rest of my life. The point is that I'm in the cocoon period, and one of the biggest

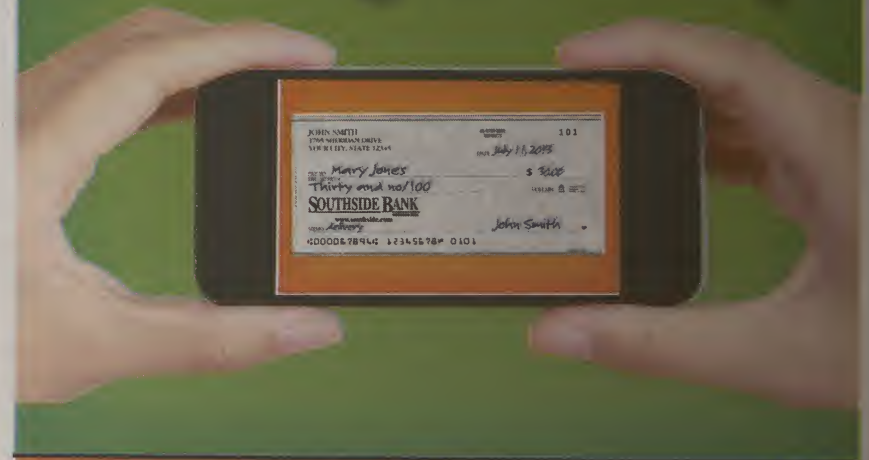
things I've noticed a change in is the level passion and compassion that I feel.

Before college, like many others, I didn't care. Grades, clothes, Facebook statuses and mostly important people didn't matter. Everything was temporary because in May of 2014 it was all over and the boxes would be packed up and moved to the best offer. They landed at TJC, and have been her for over a year. TJC wasn't the big, nice, crowded college from the movies, at 30 minutes from my hometown, but it was the best offer. The most important thing is TJC gave me Journalism.

Journalism woke me up and made me look around and for the first time, I wasn't the star of my world. I was a member of this one. What people do and what they care about affects us all and it finally hit me that no one cared any more. No one is passionate about world hunger, sexual assault or the hundreds of people who die in nursing homes alone. They are worried about how many likes on the last selfie.

This isn't an attempt to start another movement that will break down walls. People just need to care about people again.

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PHOTO BY MARSHALL CEARFOSS

PREACHER VERSUS PREACHER Two very different preachers deliver their message to students in front of Pirtle. The small area is city property and anyone is allowed to be there, student or not.

LETTERS TO THE EDITOR

Do these preachers disturb the peace for students? Give us your opinion. Anything we've published that you disagree with, or if there is something else on campus that you'd like your voice heard for, write to us.

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Student/Employee Lanyard Policy:

1. Lanyards must be worn around the neck while on campus, and the ID card must be clearly visible at all times, unless it should be removed for safety reasons or an approved ADA variance.
2. Any lanyard is acceptable, but it must be similar in design and worn in the same manner as the official college lanyard. The color of the lanyard is not critical.
3. No one will be allowed into class without wearing his or her ID/lanyard.
4. Students who do not have their ID/Lanyards may pick up a Day Pass at the Campus Safety Office, Campus Safety Substation located at the Rogers Student Center or from a TJC Ambassador. The first Day Pass each semester is free of charge. For all subsequent Day Passes a \$5.00 cost recovery charge will be billed to the student's account.
5. Employees may obtain a Day ID/Lanyard from their respective Dean's or Director's office.



East
Texas
Friendly!

Art of Peace comes to Tyler for the fifth straight year

Sabrah Shipman
Staff Writer

The 5th annual Art of Peace - Tyler is a series of peace-themed events held in venues located throughout Tyler, Texas. All of the events are a celebration of the United Nations International Day of Peace, which is on Sept. 21 every year. On Sept. 15, "Conversations on Peace-Seeking" was held in the Apache Rooms here at TJC.

The first time TJC was involved in Art of Peace - Tyler was in September of 2014, when they held an open conversation on personal peace. Anne McCrady, co-founder and co-director of Art of Peace - Tyler said that the conversation was such a great success that they decided to come back again this year.

"It's a very informal conversation. It is about internal peace and how we seek peace for ourselves. How we take our own conflicts toward peace," said McCrady. "It's a chance for people to really open their hearts. In this day and time, they are bombarded with news, social media and information. Something magical happens when two people sit face to face and ask one another personal questions."

The conversation encourages personal connection as opposed to the less personal digital world around us.

All of the events going on through the month of September are modeled from a one day peace festival that originated in Belton, Texas.

Rabbi Neal Katz, co-founder of Art of Peace - Tyler, has been actively involved since Tyler's first festival which was a single afternoon event held at UT Tyler.

"It was moderately successful. What do you do when you have a moderately successful event? You expand it into 5 events -- then 10 events," said Katz.

This year, there is a total of 15 events spanning from Sept. 8 to Sept. 21. The aim of Art of Peace - Tyler is to use art to convey messages of peace and to connect people in ways that politics and other endeavors cannot. To bring people together and ask them to be creative. The events include all forms of art such as music, poetry, paintings, and much more.

Founders McCrady and Katz believe Tyler is full of compassion and amazing people, but sometimes we are separated from one another because of where we live, where we worship or what person we vote for.

"We wanted a chance to have gatherings that got past that and ask people to come together, meet one another, hear each other's stories and begin to have peace right here in Tyler," said McCrady. "From the beginning, our goal has been creativity, compassion and community."

Aside from the event at TJC, there will be a Peace Film, a Peace Meal, a Day for Kids, a Peace Vigil, Sunday morning church opportunities and more. All of the events are free except for the Ruthie Foster Concert on Sept. 19, and the Peace Meal on Sept. 21.

Every year Art of Peace - Tyler picks a charity to promote and honor. This year it is St. Paul Children's Foundation and any money raised goes to them. SPCF provides food and clothing, as well as pediatric, medical and dental care to more than 40,000 children and their families each year.

"It's not a huge fundraiser for them, but it is meant to bring awareness to the issue," said Katz.

For more information about Art of Peace - Tyler, visit www.peacetyler.com



By Sabrah Shipman

News in Briefs

The Nutcracker announce auditions

Auditions will be held Saturday, Sept. 12, in the TJC dance studio (Room 125) located in the Ornelas Health and Physical Education Center, located at the corner of Apache Pass and Palmer Avenue on the college's main campus.

Downtown Film Festival Tickets on Sale

The festival is from September 23 -16. The daily pass for the Wednesday through Friday event is only \$5; Saturday night's "Best of the Fest," which includes food and drinks at the after-party, is \$10; the Producer's all-access pass is available for only \$20.

Science Center's Fall Lecture Series

The Lectures will include "Distant Worlds: the Undiscovered Country," presented by Doug Parsons, TJC physics professor, 7 p.m. Thursday, Oct. 15 and "The Math of Poker," presented by Chris Chappa, TJC math professor and department chair, 7 p.m. Wednesday, Nov. 18. This is free

Chick-Fil-A scheduled to open

The Chick-Fil-A, located in the Crossroad dorm, is scheduled to open on Sept. 17.

National prescription drug take back day

Local law enforcement will be accepting any unused or expired prescription medicine for disposal behind the CVS located at Broadway and Fifth.

Founders Day honors past faculty and staff

This Founders' Day - on the 89th birthday of Tyler Junior College - TJC will honor the memories of: Dru Bain, C.C. Baker, Lou Ann Cook, Elaine Graybill, Carolyn Hendon, James "Jim" Hill, Starla Horton, J.W. Johnson, Adelia Dee Miller, Ann Davis Miller, Joan Prestridge Norris, Paul Todd, Nell F. Warren, Charles Wilburn, Gladys Wylie and Tina Vergara.

All it's cracked up to be



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STRATEGIES TO AVOID BEING A VICTIM OF RAPE

Awareness and assertive behavior may be your best defenses against becoming an "easy victim."

Real anger instead of fear may not be expected by a would-be attacker and may throw him off guard.

If approached by someone you sense to be a potential threat, try to stay out of reach.

Report suspicious or criminal activity to the police immediately.

If you feel you are in danger of being attacked, try to escape the situation by running away if you can.

Head for a well-lit place where there are other people who may be able to help you.

Try in any way you can to attract attention to yourself. Scream "CALL 911!"

Take a self defense course.

Trust your instincts. If a person, place, or situation makes you uneasy, leave immediately.

Use common sense. If it seems or feels risky, it probably is.

Setting up your OrgSync account

First, you will go to www.orgsync.com



Then you will click the "sign in/sign up" button.

Sign In / Sign Up



You will be brought to the "Select Your Community" page. There, you will search or scroll to "Tyler Junior College" and select it.

Search... →  Tyler Junior College



Next, you'll sign into your Apache Access with your A-number and password.

Secure Access Login

A-Number:

Password:

Login Cancel



Then you will fill in all of the information fields.

That's it! Welcome to
OrgSync

Meals plans don't provide students with enough meals

By Daniel Rifkin
Staff Writer

The meal plans offered to students living on campus at Tyler Junior College may not guarantee the right amount of fuel to survive the whole semester.

"Most students do not know how many calories they need to take in each day so, they need to be informed and knowledgeable to begin with," said Rebecca Bibby, professor of Nutrition and Diet Therapy.

Under-eating can be an issue for many students living on campus, given the fact that most are on meal plans where they might not even be able to eat at least three meals every day.

"If you're eating five to seven little, well-balanced meals, not including snacks but, with well-balanced meals, your body is going to be a lot more efficient both physically and mentally," said Bibby.

On the meal plans provided alone it can be quite a challenge to eat enough throughout the day for many students.

"I got the gold meal plan -- works for me because I only eat two meals a day," said Tyaramis Williams, a student who lives on campus.

The Residential Gold Plan gives students 15 meals per week in the on-campus cafeteria, Apache Junction, and \$125 in Apache Bux per semester to use at all on-campus dining locations. But given the fact that a meal usually costs around \$5 or more, that means the Apache Bux can really, at most, serve as a third meal for 25 days out of the semester. This means the Gold Plan will give students three meals a day for only 39 days out of 116 days in a 16-week semester.

Even the Residential Platinum Plan, which provides the most meals, only gives students 19 meals per week in the Apache Junction and \$50 in Apache Bux per semester. Students with the most expensive meal plan can still expect to be eating only two meals

a day possibly up to 32 days out of 116 days in a 16-week semester. This meal plans allows the student to eat every time a meal is offered.

The student would also have to buy third meal every weekend, because the Apache Junction is only provides meals twice a day on the weekends. Apache Bux can be used to fill in some of the missing meals, but Subway, Starbucks and Chick-Fil-A are all closed on the weekend and the C-Store is only open Sunday through Thursday from 6 to 11 p.m.

Unhealthy meal options are also readily available to students via fast food restaurants located on campus and at the Apache Junction.

"Pretty much I make a sandwich and a burger every day," said Williams.

It may be the fact that many students are uneducated when it comes to nutrition that contributes to poor diet choices.

"I think it [a nutrition course] should be required [for] all grade levels, starting with kindergarten," said Bibby.

This isn't to say that the options offered at the Apache Junction are unhealthy.

"We have vegetarian options on each area," said Jerry Starling, supervisor of the Apache Junction. "We have a vegetarian entrée every single day -- plenty of fruit and vegetables every single day."

It's also notable that many of the students eating at the Apache Junction are making healthy diet decisions.

"I think they're making a lot of great choices," said Starling. "They use the deli and salad bar a lot and every single day, on our vegetarian option and on the stir-fry option, we actually either run out or get close to running out every day."

For further information on meal plans, Apache Junction menus and healthy diet management, visit: <http://tjc.campusdish.com>.



By Daniel Rifkin

FRESH VEGETABLES FOR THE ANYONE WHO WANTS A SALAD. The salad bar at the Apache Junction is always open for students who don't want to eat the other meal options.

Microwave a meal in a coffee mug

By Karaline Harrel
Editor-in-Chief

Coffee mugs can hold far more than just a morning caffeine infusion.

"On-campus students are required to have a meal plan," according to Joshua Brittian, Residential Assistant for Crossroads Hall. Although Tyler Junior College does offer several dining options to students, "unfortunately, when those are closed, students can't really use their meal plan."

With a little effort and creativity, students can cook various meals and snacks using a coffee mug and a microwave. Even though off-campus students have more access to full kitchens, they are often either looking for a snack or just cooking for themselves. Brittian did confirm that every dorm has a microwave for 24-hour use, meaning students can use the following recipes to create their own dining experiences:

"1 Minute Microwave Quiche": 1 egg, 4 grape to-

matoes, 1 teaspoon melted butter, ¼ cup whole milk, 1 tablespoon cheese, 4-5 bite size pieces of bread, and chopped fresh herbs (optional). Add the egg and butter to the mug. After stirring the mixture with the fork, add the remaining ingredients, remove the fork and microwave on high for 1 minute. Serve immediately.

The microwave is also a great place to steam vegetables for a quick snack. This method works well for many vegetables including broccoli, peas, and carrots. Mixing different types of veggies in the same mug or bowl will offer variety according to personal preference.

After cutting the raw vegetables, add enough water to cover approximately 1/8 of the vegetables. Cover and cook in the microwave for 2 minutes. Test for softness and flip or stir if desired. Cook for four minutes or until properly softened.

Tyler Junior College sophomore Haley Bains used this method and tried steaming some broccoli in the

— see MUG page 9 —

Coffee Mug Recipes

These meals in a mug are definitely a great solution for the dieter or dorm student as they perfectly portion every meal or dessert! Play around with some of your own favorite meals to see if you can make a quick and easy mug version! Your stomach, taste-buds, and wallet will thank you! What is your favorite meal to make in a mug?

Quiche

Ingredients:

1 egg
1 1/2 tablespoons of milk
salt
ground black pepper
1/4 bagel (or something similar)
2 tablespoons of cream cheese
1/2 slice of prosciutto or ham
fresh thyme leaves/chopped chives

Directions: Beat egg and milk together with a fork in a coffee cup, adding salt and pepper to taste. Tear bread into dime-size pieces; stir in. Add cream cheese; stir in. Tear or cut prosciutto into small pieces; add to mixture. Sprinkle with thyme. Microwave on high with dome, about 1 minute, 10 seconds. Garnish with mustard and fresh thyme or chives.

Meat Loaf

Ingredients:

2 tablespoons 2% milk
1 tablespoon ketchup
2 tablespoons quick-cooking oats
1 teaspoon onion soup mix
1/4 pound lean ground beef

Directions: In a small bowl, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well. Fit into a microwave-safe mug or custard cup coated with cooking spray. Cover and microwave on high for 3 minutes, or until meat is no longer pink and a thermometer reads 160°. Drain. Let stand for 3 minutes. Serve with additional ketchup if desired.

Cheese Dip

Ingredients:

1 egg
1 tablespoon milk
salt/pepper
1 tablespoon sharp cheddar cheese
5 tortilla chips
1 tablespoon salsa
Sour cream
queso fresco
chopped green onion

Directions: Beat egg and milk with a fork in a coffee cup, with salt and pepper to taste. Add cheddar; stir to coat. Break 3 or 4 tortilla chips in small pieces and fit in the cup; stir into the mixture. Add salsa. Microwave, about 1 minute, 10 seconds. Garnish with a tortilla chip, sour cream, queso fresco and onion.

MUG

continued from page 8

microwave.

"It was actually really good. I put a teaspoon of butter in to add some flavor, but other than that it's a healthy choice and super easy to make," she said.

For those with a sweet tooth, the trendy, "Brownie in a Mug" is a delicious option that, when done properly, can be low-fat and even sugar free. You will need:

3 tbsp Unsweetened Cocoa Powder
1/4 cup Unsweetened Apple sauce
1/4 tsp Baking Powder
Pinch of Salt
1 tsp Vanilla

1 tsp-1 tbsp Maple Syrup

Combine ingredients in no particular order, and stir until smooth. Microwave for one minute, then additional one minute intervals until cooked to preference. For gooey, fudge-like brownies, 2-3 minutes will suffice. For a cake-like consistency 4-5 minutes will achieve the desired texture.

Bains said, "It's a cheap choice and is better for you than going out for dessert."

Although Brittan said he has seen his residents get rather creative with snacking options, utilizing the microwave offers endless opportunities for healthy, filling options alike. For more recipes, visit mytjcnews.com.



Photo by Haley Huston

DESSERT IN A CUP A quick and easy fix to your midnight munchies and missed meals. No stove needed and dorm friendly.

ARE WE COMPATIBLE ?
AREWECOMPATIBLE.NET

After a sexual assault...

Favian Quezada
Web Editor

After sexual assault questions arise such as, who do you turn to and where can a person get help, the recommended first step for anyone who is sexually assaulted is to get to a hospital.

Britany Monahan, sexual assault coordinator for the East Texas Crisis Center, or ETCC, says that when an assault occurs, counselors arrive at the hospital to calm and even to help anyone who wishes to seek legal action.

"We can help them from anything to counseling in both individual and group setting and legal advocacy, so if they need help getting a protective order or referrals to an attorney or help with divorce, custody, things like that," said Monahan.

When a sexual assault occurs, Monahan says that the person may feel the need to shower and bathe. Monahan says not to do this so the hospital nurses can collect more evidence from the victim. Showering can wash away crucial evidence that detectives can use to form a case. Go immediately to the hospital and get a sexual assault exam. Both ETMC and Trinity Mother Frances have SANE nurses (sexual assault nurse examiners).

"Victims of a sexual assault need to have a SANE exam done at the hospital because that's where our evidence is gathered," said Detective Andy Erbaugh of the Tyler Police Department. "Keep all the clothes. Don't wash the clothes because the SANE nurse will take the clothes because there is physical evidence that's on the clothes."

Sexual assault does not always get reported either. According to Monahan, the process can be very humiliating for the victim. When a victim goes to the hospital the ETCC is called and notified. A staff member or volunteer goes out to the hospital to sit or just be with the person.

"A lot of times too they may not have much support there at the hospital when they're going through all this stuff," said Monahan.

If a victim decides to move forward with legal action the ETCC will aid investigators to get the informa-

tion that they need to build a case. The ETCC will have a member present as the victim gives their statement or anytime they need to speak with police and don't want to do it alone.

Erbaugh also says that, though a person may want to seek legal action, they will have to testify in front of the court and in front of the assailant.

"Our district attorney's office acts as victims liaison. They'll make sure everything is taken care of when you have to testify in court," says Erbaugh. "And you don't have to sit the entire time in the courtroom, but you have to get up there and testify."

Erbaugh says that having to testify can deter people from proceeding with legal action. He says people should not let that deter them as they "need to get these people punished."

Before court proceedings, however, an arrest has to be made. This means that while police are aware of the situation, until the investigation concludes, a suspect who sexually assaulted someone will still be out on the streets and able to do it again to someone else. Erbaugh also says that, though an arrest will be made as the evidence comes in, a person can still post bail, even if it is a high bail, the person can be back out.

"If (a victim) knows the person, there are a couple things people automatically think about," said Erbaugh. "One is a restraining order and one is a protective order."

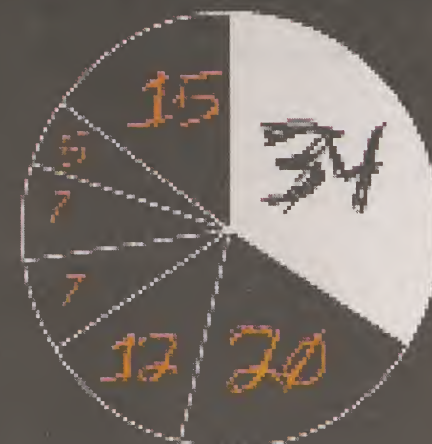
A restraining order is a civil process only that is obtained through a Justice of the Peace. It is not enforceable by police. If a person violates a restraining order they may be fined but not arrested.

A protective order is more difficult to obtain, but when a person violates a protective order, they are arrested on sight.

When a person becomes a victim of sexual assault, police will give them what's called a crime victims newsletter. Inside will contain all the resources they need as a victim of crime.

"It's hard for a victim," says Erbaugh. "And I want to let victims know that it is a long process and, if they stay the course, not only can the person be punished for what they did when they get out, they'll have to register as a sex offender."

WHERE RAPE HAPPENS



- 34% in the victim's home or yard
- 20% in the perpetrator's home or yard
- 12% in someone else's home or yard
- 7% in the victim's and perpetrator's home or yard
- 7% in a rural area, woods, park, or camping
- 5% in a car
- 15% other

It's
never the victim's
fault

Reducing Your Risk At Home

- Make sure your home has a door viewer and a dead bolt lock.
- Make sure all entrances are well lit.
- Never hide a key over the door, in a flower pot, or anywhere else obvious.
- Never put your first name on the mailbox or in the phone book. Be cautious about revealing personal information over the phone or internet.
- Never admit strangers or unwanted acquaintances into your home under any circumstances. Talk to them through the locked door.
- Keep your blinds and curtains closed at night.

Reducing Your Risk At

- When you go to a party or club, go with friends. Arrive together, watch out for each other, and
- Don't leave your beverage unattended or accept from an open container.
- Keep a clear head. Overuse of alcohol or drugs can reduce your awareness and make you more vulnerable.
- Don't leave with a stranger, no matter how persuasive he may be.

The affects of not reporting

Emily Attebery
Managing Editor

Sexual assault is said to be one of the least reported crimes in the country. Because of the lack of information, statistics for this topic are not always the most accurate. However, there is an estimated 80 to 85 percent of sexual assaults that are not reported. There could be millions of reasons why a victim would not report the crime, but the victim is always left with a traumatic account scarred inside their minds.

All victims of sexual assault experience some kind of change -- whether emotional, social, psychological, or sometimes physical. Affects vary, but typical emotions for a victim include "shock; continuing fear of their attacker; terror over the idea of another attack; anxiety or depression; rage at the perpetrator or themselves; and embarrassment, guilt and shame from the belief that the rape was their fault," says Roger R. Hock, author of the Human Sexuality Psychology textbook.

Numerous phases of anxiety, impact, and recoil often occur. However, there is hope that these will lead to the reconstitution phase where "the stress of the rape is assimilated, told to others, and perhaps counseling and legal steps are taken," said Hock.

Some people express their emotions more internally whereas others express it more outwardly.

"Some people they just totally shut down, and that's part of PTSD and Depression," said Cory Howard, TJC Psychology professor. "A lot of people are worried about how it will affect their reputation," Howard continues; many people end up seeing themselves as "damaged goods". Especially for women -- they tend to start believing that no one would ever want them and they are no longer capable of being loved.

"They're going to be worried every time they leave the house or every time they go party, you know? I mean it's going to affect them. There's no way it's not. There's no way to get around that," Howard said.

While such agitation develops inside a victim, there are patterned signs of expression that one can notice.

"They will probably start to withdraw a lot from their friends, normal things that they do, just kind of isolate themselves because they probably won't trust people," said Britney Monahan, the East Texas Crisis Center's Coordinator for Sexual Assault Victims. "They just don't want to be involved in life."

Grades can suffer, depression can rise, victims can have trouble sleep-

ing, exhaustion, eating too little or too much and unhealthy habits such as drinking and cutting are all signs.

"If someone's mood is markedly changing for kind of an extended period of time, that's going to be a big red flag," said Monahan. "However, then you have the other groups of people that act like nothing is wrong -- they act like everything's normal. And that's just a ticking time bomb, because at some point, it's just going to build and build and build and they're just trying to push it down and it's going to explode."

Once a victim does allow someone in (if that occurs at all), the closest friends and family are most likely to be the ones confided in. However, they can also be the ones to remind the victim all the more about their encounter.

"It's so easy for friends and family to just question them -- ask them things like 'why didn't you do this? Or why didn't you do this?' Well I would've fought back', all these little comments that maybe we don't feel like are hurtful, but from someone who's just gone through a trauma, they're extremely damaging," said Monahan "they can catastrophize and come up with all these different scenarios that lead to them not reporting."

Unfortunately, a high percentage of victims do not report. Even though at first assumption, people might expect a victim to tell those closest to them, reasons such as embarrassment can prevent the victim from speaking out.

"A lot of people wouldn't want to go talk to their mom about that if that happened to them, they definitely wouldn't want to tell their dad," said Howard.

Reasons why a victim would not report depend on the situation. Some reasons are that they're afraid people will view them negatively, fear of judgment from friends or perhaps the attacker was someone the victim knew and they do not want to get them in trouble. Once again statistics vary, but according to Professor Howard, about 90 to 95 percent of the time, the victim will know the attacker.

Despite looking to available resources for help, such as the East Texas Crisis Center or calling hotlines, most victims will not report. Unfortunately, not reporting can add to the stress that victims undergo.

"It seems like that would be a common knowledge that you should, or an easy decision to report, but it's not," Howard said.

As a last bit of advice from Professor Howard, "Don't be alone in it, that would be my advice. Don't bottle it all up inside -- talk to your friends -- tell your story."

Reducing Your Risk On Dates

- Find out more about your date. Go beyond the basics. Ask about his feelings toward women and relationships. If he is someone you do not know, arrive separately and meet in a public place.
- Be assertive. Speak up if a situation makes you uncomfortable. Make it clear that paying for a meal does not entitle him to anything else, or offer to pay your own way.
- Don't allow yourself to be isolated with someone you don't know or trust.
- Set your own limits and communicate these limits to your date.
- Trust your feelings. If something doesn't feel right, or if you just feel pressured or frightened, listen to yourself.

DERRAMA GOTAS DE TINTA DORADA AL TJC

Hace muchos años en este mismo territorio vivían diferentes tribus de nativos americanos, algunos de ellos llamados Apaches. Desde 1926, todos y cada uno de los miembros de Tyler Junior College, orgullosos de ser Apaches en su territorio, no solo son parte de una comunidad que continua en desarrollo del conocimiento, sino también, en pro a la cultura y la diversidad.

Este, ha sido uno de los motivos esenciales por el cual el periódico Apache Pow Wow, se siente orgulloso de presentarle a toda la comunidad del Tyler Junior College, la nueva sección del periódico llamada TINTA DORADA. Esta nueva sección del periódico no solo está dedicada a los hispanohablantes, sino también, a los diferentes representantes del mundo, algunos visitantes o residentes, pero que ahora son parte del mismo territorio Apache; esas personas, que transmiten su cultura, experiencia y conocimiento.

Los estudiantes del TJC son propulsores del futuro y están en pro a la globalización. Uno de los notables procesos en desarrollo consiste en la gran barrera del lenguaje, que drásticamente, va desapareciendo a través de los años gracias al intercambio de conocimiento lingüístico. Esto le permite a los individuos expandir su conocimiento, multiplicar sus experiencias y generar muchas oportunidades.

En la primera edición del semestre de otoño 2015; Tinta Dorada fue inaugurada con el artículo sobre el nuevo edificio del TJC. Gracias a su acogida y múltiples sugerencias u opiniones de los lectores del periódico Apache Pow Wow permitió que se estableciera como parte de él. Aunque aún se trabaja incansablemente en su contenido comunicativo, Tinta Dorada tiene como objetivo continuar rompiendo esas barreras del lenguaje y acercándose aun mas

a la comunidad de manera informativa.

Tinta Dorada no solo estará llena de contenido en español, sino también tendrá artículos, sugerencias, trucos, datos curiosos y palabras claves en diversos idiomas; con el objetivo, no solo de recibir conocimiento recíproco entre los estudiantes internacionales y los residentes, sino también permitir la expansión de más conocimientos lingüísticos y culturales, provenientes de otras partes del mundo. El resultado satisfactorio, es que algún día usted sorprenda a uno de sus compañeros con un saludo o una frase en algún otro idioma, que por supuesto, usted no solo lo aprendió gracias al periódico Apache Pow Wow, sino también, usted le abrió las puertas a un aprendizaje más.

Esta, como las múltiples secciones que aparecen en el periódico Apache Pow Wow, hacen parte de lo que nosotros -como editores- representamos hacia la comunidad de Tyler Junior College; por esta misma razón, quienes trabajamos en el periódico, estamos abiertos a cualquier sugerencia, opinión y comentario. Nuestro objetivo es continuar siendo la voz y las palabras de la comunidad, aportando diariamente lo que somos como editores en aprendizaje, brindándoles a ustedes lo que nos apasiona hacer: mantener a la comunidad informados, actualizados con las últimas novedades pero principalmente somos generadores de conciencia y puntos de opinión.

SHEDS TINTA DORADA DROPS ON TJC

For many year, various tribes of Native Americans lived in this area, some of them called the Apaches.

Since 1926, all members of the Tyler Junior College proud to be Apaches in their own territory, not just are they part of a community that continuously developments knowledge, but also works towards the culture and diversity.

This has been one of the main reasons why the newspaper Apache Pow Wow is proud to introduce to the whole community of Tyler Junior College, the new section of the newspaper called

TINTA DORADA.

This new section of the newspaper is dedicated not only to Spanish speakers, but also to the various representatives of the world who are visitors or residents and now apart of Apache territory. Those people who transmit their culture, experience and knowledge.

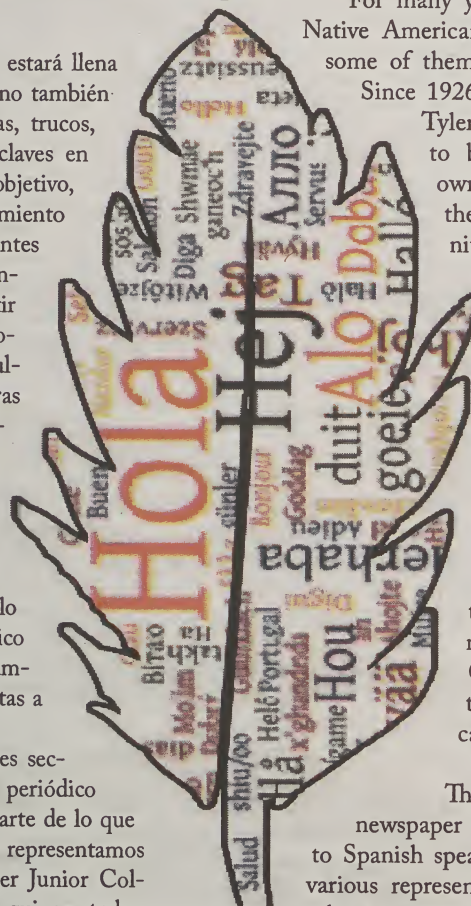
The Tyler Junior College students are the propellant of the future, enabling building strong bridges of globalization. One of the remarkable processes that decline drastically is the language barrier, thanks to the exchange of linguistic knowledge. As a result, this allows individuals

expand their knowledge, multiply their experience and generate a lot more opportunities.

In the last issue of fall semester to 2015. Tinta Dorada was inaugurate with the article about the new build of the TJC. Thanks to the multiple suggestions and opinions from the readers of the newspaper Apache Pow Wow this section was established as part of it. Although, they are still working tirelessly on its communicative content, Tinta Dorada aims to continues break down the language barriers and bringing to the community more informed.

This section is not only filled with content in Spanish, but it will have articles, tips, tricks, curiosities and keywords in multiple languages with the objective of not only the international students feel much welcomed, but also to the residents have more linguistic and cultural knowledge from other parts of the world. The successful outcome is that someday you surprised one of your friend with a word, sentences, or phrase in another language, of course, you not only learned through the newspaper Apache Pow Wow but also opened the door to learning something else.

This, and the multiple section in the newspaper Apache Pow Wow are part of what we -as editors- represent to the entire community of Tyler Junior College; for this reason, the people who work for the newspaper, we are open to any suggestion, comment, and opinion. Our goal is to continue being the voice and words of the community, providing daily what we are learning and give to you what we love to do: keep the community and you! Informed, updated but mostly we want to generate more awareness and points of view.



See page 11 for Meal Plan story from page 8 translated

Los planes de alimentación establecidos en el TJC

By Daniel Rafkin
Staff Writer

Los planes de comida que se ofrecen a los estudiantes que viven en el campus en Tyler Junior College no garantiza la cantidad suficiente para sobrevivir todo un semestre.

"La mayoría de los estudiantes no saben la cantidad de calorías que necesitan para disfrutar un día completo; por lo tanto, es necesario informarlos para que tengan el conocimiento necesario", dijo Rebecca Bibby, profesora de Terapia Nutricional y Dieta.

Una baja alimentación puede ser un problema para muchos de los estudiantes que viven en campus, dado que muchos de ellos, se encuentran incluidos en planes de comida donde ni podrían incluso, ser capaces de comer al menos sus tres comidas diarias.

"Si usted está comiendo entre cinco a siete pequeñas porciones de comida de manera balanceada, sin incluir los alimentos entre horas, pero, con la comida balanceada, su cuerpo va a ser mucho más eficiente tanto física como mentalmente", explico Bibby.

Los planes de comida ofrecidos en el TJC,

pueden ser un reto que muchos estudiantes que no consumen los alimentos suficientes durante el día.

"Tengo el plan de comidas llamado Residential Gold Plan - funciona para mí porque yo sólo como dos veces al día", comento Tyramis Williams, una estudiante que reside en el campus.

El plan de comidas llamado Residential Gold Plan, les ofrece a los estudiantes 15 comidas por semana en la cafetería del campus Apache Junction y \$ 125 por semestre en el

Apache Bux para ser gastados en cualquiera de los establecimientos de comida en el campus.

Pero dado el hecho de que una comida por lo general cuesta alrededor de \$ 5 o más, eso significa que el Apache Bux, realmente puede casi servir de tercera comida durante los 25 días de cada semestre. Esto quiere decir que el Gold Plan les da a los estudiantes tres comidas al día durante solo 39 días de los 116 días que constan las 16 semanas del semestre.

Incluso el plan de comidas llamado Residential Platinum Plan que proporciona la mayoría de comidas, solo le da a los estudiantes 19 comidas en la cafetería y en el Apache Bux \$

50 por semestre. Los estudiantes con el plan alimentario más costoso aún pueden esperar dos comidas al día, posiblemente, hasta 32 días de 116 días en una de 16 semanas semestre. Este plan de comidas le permite a los estudiante comer cada vez que se les ha de ofrecer.

El estudiante también tienes que comprar la tercera comida los fin de semana, debido a que el Apache Junction sólo ofrece dos comidas esos días. La cuenta Apache Bux, puede ser usada en las comidas que faltan; sin embargo, Subway, Starbucks y Chick-Fil-A cierran los fin de semana y el C-Store es abierta de domingo a jueves de 6 a 11 pm

Múltiples opciones de comidas poco saludables también están disponibles a los estudiantes en los diferentes establecimientos de comida rápida ubicados dentro del campus y en la cafetería llamada Apache Junction.

"Más o menos hago un sándwich y una hamburguesa cada día", dijo Williams.

Puede ser el hecho de que muchos de los estudiantes no tienen el conocimiento necesario cuando de nutrición se trata, esto contribuye a tomar malas decisiones en la dieta diaria.

"Creo que [un curso de nutrición] debería

exigirse [a] todos los diferentes niveles

académicos, empezando por el jardín infantil", dijo Bibby.

Esto no quiere decir que las opciones que se ofrecen en el Apache Junction son saludables.

"Tenemos opciones vegetarianas en cada área", manifestó Jerry Starling, supervisor de la Apache Junction. "Tenemos un plato vegetariano cada día - y un montón de frutas y verduras diariamente."

Igualmente es importante destacar que muchos de los estudiantes que comen en la cafetería, Apache Junction toman diariamente decisiones saludables en su dieta.

"Yo creo que están haciendo una gran variedad de opciones", dijo Starling. "Ellos mantienen llena la barra de carnes frías y ensaladas todos los días, esa es nuestra opción vegetariana y la opción de sofritos casi se nos termina a diario.

Para más información sobre los planes de comidas, menús de la cafetería Apache

Junction e información sobre gestión de dieta saludable, visita: <http://tjc.campusdish.com>.

Translated by Alejandra Hurtado



Curtsey Photo
SEE MORE ONLINE

Recruitment doubles as TJC brings in new squad

Nick Vaughn
Sports Editor

This year, as some might know already, Tyler Junior College has two cheer leading teams. One is the traditional co-ed team, and the new team is an all girls team.

Assistant Coach Demetrius Kelley spoke on the addition of an all girls team to TJC. "It was kind of a collaboration between the both of us coaches (Demetrius Kelley and Ryan Harrigan). I mean it's kind of been an idea for about three years and we finally got it."

The two teams will have no visible differences other than one is co-ed and one is all girls, but both teams are looking to have a great season filled with success.

"To go out there and compete and be successful as much as our co-ed team has been in the past," said Kelley.

Adding this second team means more spots available for someone to get on the cheer leading team and opens the possibility of more recruit-

ing measures.

"Recruitment, more opportunity and for adjusted schedules," said Kelley. "As far as we have two teams now, people can mix and match schedules. If someone has class we have more people we can pull from."

In addition to bringing in a second team, this can really open the eyes of locals who thought their days of cheering were done after high school.

"Trying to bring in two strong programs and being able to keep up with giving more opportunities for female athletes, because we wanted to keep a lot of the kids from the surrounding area -- give them an opportunity to be able to do competitive cheer in college in a style that they are used to which we haven't ever had a team that was consistent with what is current around the area," said coach Kelley and Harrigan.



Photo by Haley Huston

TJC CO-ED TEAM. Tyler Junior College co-ed cheer leading team prepares for the student prep rally for the first football game of the season.



Photo by Haley Huston

NEW ALL GIRLS CHEER TEAM. The new all girls cheer team kicks their way through their debut in front of the student body.

Former TJC Basketball Player Gets Rewarded by Chicago Bulls

James Bradshaw
Staff Writer

Former TJC basketball player, Jimmy Butler, received a huge award for his contribution from the Chicago Bulls.

After a slow start to his NBA career, Butler had an All-Star type of season for the Chicago Bulls during the 2014-2015 season.

Butler averaged 20 points per game -- a career high. Butler also led the Bulls while they were dealing with injuries on the team during the 2014-2015 season. Butler was the most consistent player for the Bulls, grabbing them a playoff spot with his performance.

After a great season with the Chicago Bulls, Butler signed a five-year extension worth \$95 million to stay with the team. The contract also included a player option for the fifth year of the contract.

Butler was also named the NBA Most Im-

proved Player for the 2014-2015 NBA season. This made him the first player in Bulls franchise history to win the award.

Butler's performance during the 2014-2015 season also resulted in Butler being named an All-Star for the 2015 All-Star game. He was also named to the NBA Eastern Conference on Dec. 3, 2014.

Before playing for the Bulls Butler played college basketball for TJC from 2007 to 2008. After playing at TJC Butler played at Marquette from 2008 to 2011. Butler was eventually drafted by the Chicago Bulls with the 30th overall pick in the 2011 NBA draft.

While at TJC Butler averaged 18.1 points per game, 7.7 rebounds and 3.1 assists per game. During this time, he gained interest from Division I basketball programs. Before TJC Butler attended Tomball high school in Tomball, Texas.



Photo by Favian Quezada

CHICAGO BULLS SHOOTING GUARD Jimmy Butler cheers his team on in the inaugural Cleo Murphy Celebrity Basketball Game held in July at TJC.

First Quarter Stats

Men's Soccer Record 2-2

Friday, Sept 11
Apaches 0
Laredo Community College 3

Saturday, Sept 5
Johnson County Community College 0
Apaches 3

Tuesday, Sept 1
Richland College 2
Apaches 1

Saturday, Aug 29
Apaches 4
Jacksonville College 1

Football Record 3-0

Saturday Sept. 12
Apaches 76
Arkansas Baptist College 23

Saturday, Sept 5
Blinn College 30
Apaches 35

Saturday, Aug 29
Trinity Valley CC at 64
Apaches 71

Upcoming Athletic Events



Football

Sept. 19 @ Northeastern

Oklahoma A&M

Sept. 26 @ Cisco Junior

College

Volleyball

Sept. 23 vs. Paris Junior

College

Sept. 26 @ Panola College

Sept. 30 @ Navarro Col

-lege

Men's Soccer

Sept. 18 @ Paris Junior

College

Sept. 19 @ Northeast

Texas Community College

Sept. 25 vs. San Jacinto

College-South

Sept. 30 @ Richland Col

-lege

Women's Soccer

Sept. 18 @ Paris Junior

College

Sept. 19 @ Northeast

Texas Community

College

Sept. 27 vs. Jones County

Junior College

Baseball

Sept. 18 vs. Cedar Valley

College

Sept. 21 vs. Bossier

Parish Community

College

Sept. 23 @ Weatherford

College

Sept. 25 @ TBA

Sept. 30 vs. Weather

-ford College

Men's Tennis

Sept. 18 @ Midwestern

State University

Sept. 25 @ TBA

Women's Tennis

Sept. 18 @ Midwestern

State University

Sept. 25 vs. TBA

For more information on
scheduling, games or teams

go to:

Apacheathletics.com

East Texas State Fair celebrates it's 100th birthday this fall

By Rachal Gilbert
Verve Editor

The smell of fryers cooking turkey legs and corn dogs drifts on the air, the excited screams of people on the whirring, neon carnival rides fills everyone's ears and the weather has the crisp feel of fall.

This year the East Texas State Fair celebrates it's 100th birthday. To celebrate, the East Texas State Fair is bringing in exciting new acts while still bringing the classic feel of a fair to the grounds.

"There's a long, fascinating story on these fair grounds," said John Sykes, president and CEO of the East Texas State Fair.

John Sykes has been president of the East Texas State Fair for 10 years. Sykes came to Tyler after presiding over the Houston Livestock Show. Being chairman of the International Association of Fairs, Sykes has visited fairs in Scotland, England, Australia and across America.

"I've learned after all my years in the fair industry that there are certain uniqueness and commonalities between all fairs, but every fair has its own soul," said Sykes.

With a full-time staff of only seven employees, the East Texas State Fair is reliant on its yearly volunteers to make the fair run smoothly.

"It is a 365 day job. It takes all year. I personally enjoying seeing laughter and smiles and the fruits of your labor making a lot of people

happy," said Sykes.

This year the fair will celebrate its birthday by giving away free lifetime passes to all babies born between September 25, 2015 and October 4th, 2015.

Sykes depends on excellent market research to make the acts that come to the fair fun for all ages.

"We have to balance to the demographic and what we can afford on a free stage," said Sykes.

This year's band lineup includes Dan+Shay, JB and the Moonshine Band, Chris Wayne Band, Cameran Nelson & Mike Ryan, DJ Nights, Ray Johnston Band, Rick Huckaby & Jeremy McComb and La Invasora Fest Mix.

This year's fair includes several new acts targeted at young adults.

"Those are all attractions that I think that you wouldn't see every day and they're really cool and fun to go watch. That's what we search for," said Sykes.

These attractions include City Cirque, a twist on human acrobatics, Lady Houdini, Cosmo Universal Art, K-9's in Flight, Kachunga Alligator show, Sand sculptures, Budweiser Beer Garden and a laser and pyrotechnic show.

"You can have beer and listen to music and enjoy the food and the carnival. It's one of the best carnivals you can find," said Sykes.

Sykes says that, while some fairs try to maintain a theme every year, he chooses not to spend time selecting a specific theme for the East Texas State Fair.

"Making happy memories -- that doesn't have a theme. We want to do that every year. We want you to come out and have a good time," said Sykes. "I love sitting back and watching all the happy faces and watching everything come together and run like a well oiled machine."

By going to etstatefair.com and clicking the 'Get your Tickets' banner, you can download a PDF file for free college student admission, which must be presented at the gate with your college ID from 5-7pm on Thursday, Oct. 1.

Sykes has one piece of advice for all attendees of the East Texas State Fair, "Have all the fun you want, we'll make more."

The East Texas State Fair will be running from Sept. 25 to Oct. 4. Monday through Friday the fair will open at 2 p.m. and on Saturday and Sunday the fair will open at 10 a.m.

The carnival will open at 4 p.m., Monday through Friday and at 12 p.m. on Saturday and Sunday.

Adults (13 and older) price is \$8 per day and children (6-12) price is \$6 per day. Carnival wrist bands are good for one day and cost \$25. This gives unlimited one day access to all carnival rides.

The fair is located at 2112 W. Front St. Tyler, TX. For more information go online to etstatefair.com or call 903-597-2501. Tickets can be purchased at the gate or online.



Daily attractions include:
Cosmo Universal Art,
Creative arts display, Budweiser beer garden, The Marketplace, Livestock show and photography competition

Free Nightly Concerts

Dan & Shay
Sept. 25
8 p.m. - 10 p.m.

JB and the Moonshine Band
Sept. 26
8 p.m. - 10 p.m.

Chris Wayne, Cameran Nelson & Mike Ryan
Sept. 27
4 p.m. - 8 p.m.

DJ Nights
Sept. 28, 29, 30 & Oct. 1
5 p.m. - 8 p.m. nightly

Ray Johnston Band
Oct. 2
8 p.m. - 10 p.m.

Rick Huckaby & Jeremy McComb
Oct. 3
8 p.m. - 10 p.m.

La Invasora Mix Fest
Oct. 4
5 p.m. - 8 p.m.

Lady Houdini brings breath-taking act to the East Texas State Fair

By Haley Huston
Editor-in-Chief

She fumbles for a second with the last lock as her lungs begin to burn with a lack of oxygen. The last shackle falls off and she launches herself from the top of the chamber to a roaring crowd.

Kristen Johnson is an escape artist who travels the country performing many great feats such as the "Water Torture Cell" and the "Casket Crash". Breaking records set by Harry Houdini himself, Johnson is a well-known escape artist who will be performing this year at the East Texas State Fair.

Basing many of her escapes from feats accomplished by Harry Houdini, she was named Lady Houdini by an Inside Edition producer at CBS Studios in New York. "He [Houdini] is pretty much the quintessential of the escape artist," said Johnson. "I think that he is the name most people come up with when they think of escape artist."

An escape artist and magician are very different, Johnson explained. An escape artist uses no illusions and, to prove this, she does many of her escapes so that the audience can see her the entire time.

"There are people who do water escapes," said Johnson. "But if they show up in the back of the room, there was some kind of trick involved."

Johnson has escaped the Water Torture Cell

over 1,400 times and it is her most well known escape but says it is also her least favorite.

"It's stressful," said Johnson. "It's not something you ever get used to."

Johnson worked with a dive master to learn a shallow diving technique that allows her to hold her breath for up to five minutes if she's not stressed out. She has been recorded as staying in the water torture cell for as long as three minutes and 18 seconds.

On two separate occasions, Johnson has suffered from a hypoxia-related seizure -- something common to shallow water divers and is caused from a lack of oxygen to the brain. Johnson claims it's not dangerous as long as someone pulls you out of the water before the seizure ends.

"What I do is a matter of working hard at it, I'm not a natural athlete," said Johnson.

Johnson started her career with her husband and began learning more and more until she could eventually stand on her own at a show.

Her favorite escape is called the Casket Crash where Johnson is locked in a casket-like box while her hands are put through two separate holes and handcuffed together outside of the box. Her husband drives a car at 45 mph over the box, forcing her to get out before he gets there. She has only performed the stunt once but described it as exhilarating.

For more information check out Lady Houdini at www.ladyhoudini.com.

No escape

Movie Review



Marshall Cearfoss
News Editor

(played by Owen Wilson, Lake Bell, Sterling Jerins, and Claire Geare, respectively) has had to move to Southeast Asia because of Jack's job... Or lack thereof... Or promotion?... Something with his employment.

Dear audience, please allow me to be brutally frank with you. I expected this movie to be repulsive. I was expecting a boring film full of slow-mo, poorly-thought-out storyline, and Owen Wilson acting far out of his comfort zone. But, I was pleasantly surprised. In fact, it was a rather EXCITING film full of slow-mo, poorly-thought-out storyline, and Owen Wilson acting far out of his comfort zone.

Before we get into my unnecessarily cynical opinion of this somewhat decent film, I'll debrief you a little bit on the storyline I so lovingly mentioned above. I must preface with the fact that pretty much everything in this movie was poorly explained, so I am warning you that my summary of this movie will be vague and will probably disappoint some.

The gist is that the Dwyer family -- Jack, Annie, Lucy, and Beeze

Anyway, just after moving to this unnamed Southeast Asian country (I've narrowed it down to either China, Laos, or Cambodia. I know this because they had to --SPOILER-- over to --SPOILER-- after they --SPOILER-- from --SPOILER--) they found themselves in the battle-grounds of a war between the Asian government's army and the rebels because of... Something? Again, they were never really clear on those details. So, the Dwyer clan has to fight their way out of the violence-ridden place that they moved to. Joining them is the, no doubt, coolest character of them all who simply is known by the name of "Hammond." (played by the most definitely aging Pierce Brosnan.)

Sigh Finally, the summary is over. Now for the cynicism that you all hate so dearly.



Events Guide

Sep. 25 - Oct. 4

City Cirque Show:

Weekdays at 4p.m., 5:30p.m., & 8p.m.

Weekends at 2:30p.m., 6p.m., & 8p.m.

Lady Houdini:

Weekdays at 6p.m., 7:30p.m., & 9:30p.m.

Weekends at 5:30p.m., 7:30p.m. & 9:30p.m.

Sunday, Oct. 4 at 3:30p.m., 5:30p.m., & 7:30p.m.

K-9s in Flight:

Weekdays at 4:30p.m., 6:30p.m., & 8:30p.m.

Weekends at 12p.m., 3:30p.m., 7p.m., & 8:30p.m.

Sunday, Oct. 4 at 12p.m., 5p.m., 7p.m. & 8:30p.m.

Kachunga:

Weekdays at 5p.m., 7p.m., & 9p.m.

Weekends at 4:30p.m., 6:30p.m. & 8p.m.

www.tylermovies.com



STUDENT DISCOUNTS

Only pay \$6.50
After 6pm
and \$6.00
Before 6pm

Tuesday, Sept. 20

Online registration closes

Last chance to register for any 12- week classes in the Fall will close at midnight.

Wednesday, Sept. 21

Classes begin Classes will begin for Fall 12 week terms

Thursday, Sept. 24

Tyler Museum of Art The Tyler Museum of Art will be showcasing artist Jill Hendrix in a collection called Piecemeal. The art will be displayed until Oct. 2, 2015

Friday, Sept. 25

The East Texas State Fair The East Texas State Fair begins today and runs until Oct. 4.

Writing Center workshop

The writing Center will hold Grammar and Punctuation workshop from 2 p.m.-4 p.m.

Wednesday, Sept. 30

Career Services Creating an E-Portfolio workshop will be put on by Career Services from 3:30 p.m. - 5 p.m.

Monday, Oct. 5

Drumbeat/ Kickoff Ceremony Rogers Student Center will begin beating the drum as tradition for homecoming week. Free Drumstick ice-cream bars will be served.

Wednesday, Oct. 7

'Anne of the Thousand Days' The TJC theatre department will be presenting 'Anne of the Thousand Days' The show starts at 7:30 p.m. Wednesday-Saturday and 2 p.m. on Sunday.

Thursday, Oct. 8

Campus Capers Will be held on the TJC campus and starts at 7 p.m.

Monday Oct. 12

Midterm Week Midterm starts this week. Remember to study.

Graduation Deadline

October 12 is the deadline to apply for Fall graduation

Need better grades?

Get a tutor!

It's a no-brainer!



Visit the Tutoring Center and Writing Center • Library, 2nd floor

Quest Center • Library, 1st floor

STEM Center • Potter 003B

Call 903-510-3114 for more information.



Tyler Junior College is an equal opportunity/affirmative action institution. Complete information is available at www.tjc.edu.

Friday Oct. 9**Parade, Picnic, and Alumni Association Awards Dinner**

At 11:30 a.m. the Homecoming parade, pep rally and picnic will be on Jenkins Lawn. The Alumni Association Awards Dinner will be at 7:00 p.m.

Thursday, Oct. 15

Finals for Fall 1st 8-wk Term Prepare yourself... Finals are coming.

Sunday, Oct. 18

Online Registration Closing for Fall 2nd 8-wk Term Registration for the Fall 2nd 8 week course is closing by midnight.

Monday Oct. 19

Classes Begin Classes begin for Fall 2nd 8 week term

Tuesday, Oct. 20**Résumé Writing 101**

Will be held in the Quest Classroom on the 1st Floor of the Vaughn Library from 3:30 p.m. - 5 p.m. and will continue on Oct. 21.

Thursday, Oct. 22**Band-a-Palooza**

TJC Jazz Bands and Percussion Ensemble present Band-a-Palooza. It will take place in the Wise Auditorium from 7:30 p.m.- 9:30 p.m.

Monday, Oct. 26

Midterm week This is the midterm week for the Fall 12 week term. Study hard, you got this.

And Don't Forget! Starting Sept. 25 Terror Nights Haunted House will be opening along with many others Stayed tuned for our Halloween issue for more.



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UT Southwestern Medical Center

Ophthalmic Clinic Opportunities **UT Southwestern Medical Center** **Dallas, Texas**

Come join our clinical team at UT Southwestern Department of Ophthalmology in Dallas and use your skills to help us deliver exceptional eye care and comprehensive, high-quality treatment to patients whose vision is threatened by eye disease, systemic disease or injury.

With over 20 physicians on staff, we offer state-of-the-art patient care in all subspecialty areas of Ophthalmology, in addition to complete Refractive, Optometric and Optical services. As a high-volume clinic, we treat thousands of patients each year from all over the world, allowing for a unique opportunity for technicians to learn and grow within the department.

Job Requirements

See our web site for specific requirements for each job, but most requires a high school diploma or equivalent and at least 1 year of experience in Ophthalmology. The COA requires COA certification by Joint Commission on Allied Health Personnel in Ophthalmology (JCAHPO), and the Ophthalmic Technician requires JCAHPO COT certification. The Refractive Technician requires certification in VISX, LADAR or Intralase.

Company Overview

As one of the premier academic medical centers in the world, UT Southwestern leads the way in patient care, research and medical education. With 11 specialties earning national recognition from *U.S. News & World Report* for 2014-15, UT Southwestern is a dynamic institution in which to advance your career. Our eye clinic employs a range of professionals, including keratorefractive technicians, certified ophthalmic assistants, ophthalmic technicians, ophthalmic coordinators, medical office assistants, opticians and others.

UT Southwestern is an Affirmative Action/Equal Opportunity Employer. Women, minorities, veterans and individuals with disabilities are encouraged to apply.

Response Information

Please send your resume to Marvin.Gomez@UTSouthwestern.edu or apply online at jobs.UTSouthwestern.edu and search "ophthalmic" today. We offer a supportive, culturally diverse environment, competitive salaries and state of Texas benefits that begin the first day of employment.